
Activity Coaching: A treatment program for increasing activity

ACHIEV meeting July 2014





Purpose of today's presentation

- Background on Activity coaching
- Update on pilot progress
- Next steps
- Feedback from ACHIEV



What is a Activity Coaching?

- Trained coach works with patients to promote healthy behavior change
 - exercise
 - activity participation
 - motivational and behavioral techniques
- Worker sets own goals



Goals of PGAP™

- Reduce psychosocial barriers to rehabilitation progress
- Promote re-integration into life-role activities
- Increase quality of life
- Facilitate return-to-work



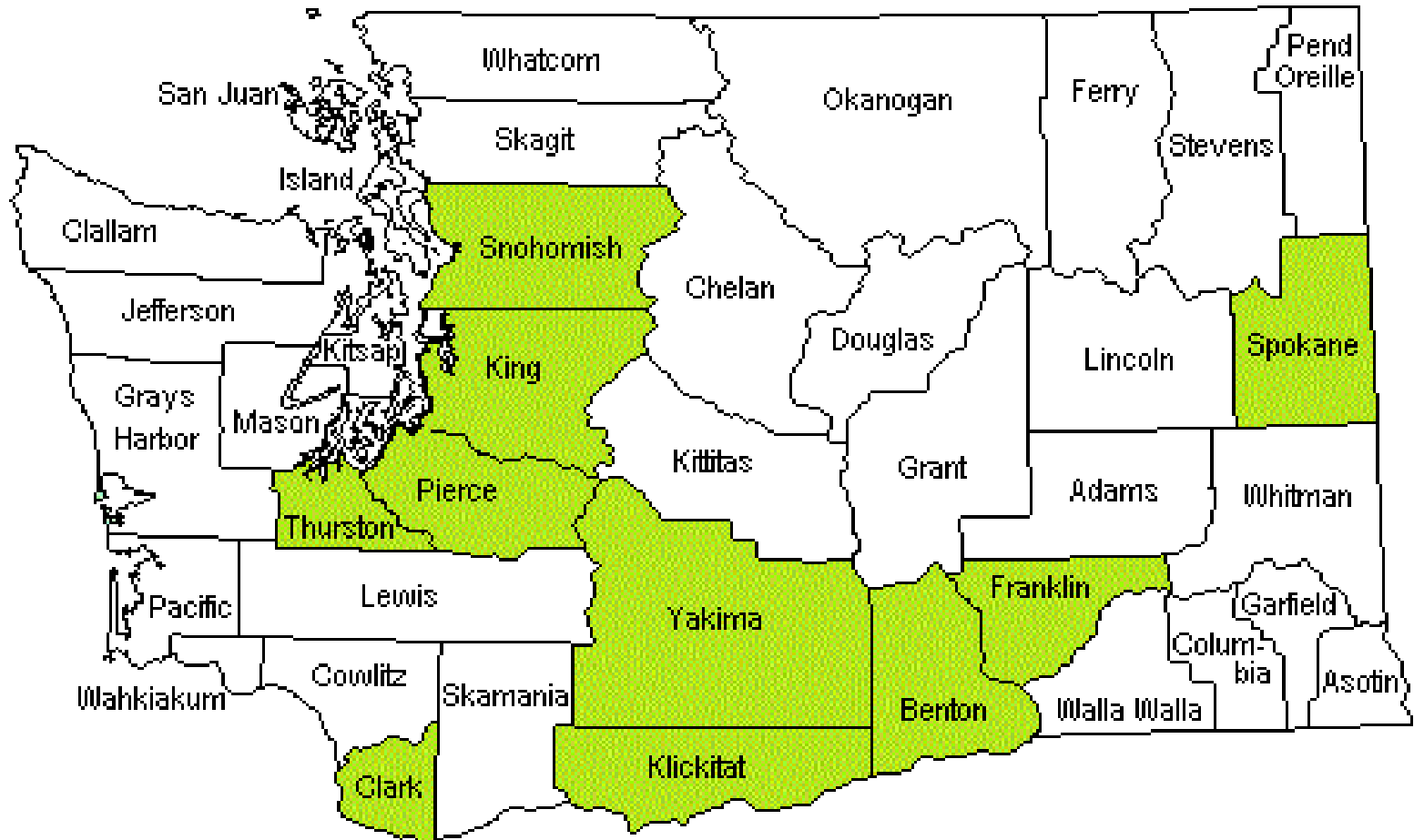
PGAP™

- Structured therapist manual, client workbook, introductory DVD
- Can be delivered either in person or via telephone
- Maximum 10 sessions



PGAP™ at L&I

- Pilot project started January 2012
- 19 trained coaches – all PTs and OTs
- Initially only within COHE areas
 - Now statewide
- Added 4 Spanish-speaking coaches in March
- >40 interpreters oriented to program





Cost of PGAP

- 10 session maximum
- Approx. \$1700 total
- Paid at PT/OT level
- Not part of daily PT cap



Referral criteria

- Off work greater than 4 weeks
- No surgery planned
- No drug/alcohol problem
- Work hardening
- PGAP screening score of greater than 5 on one or more of the screening tools

**Injury/
Illness**



**Symptom
Stabilization**



Screening



Week 1



Week 4



Week 9

Week 10

**Treatment
Begins**

**Mid-
treatment
Evaluation**

**Final
Evaluation**

Termination

**Return to
Work**



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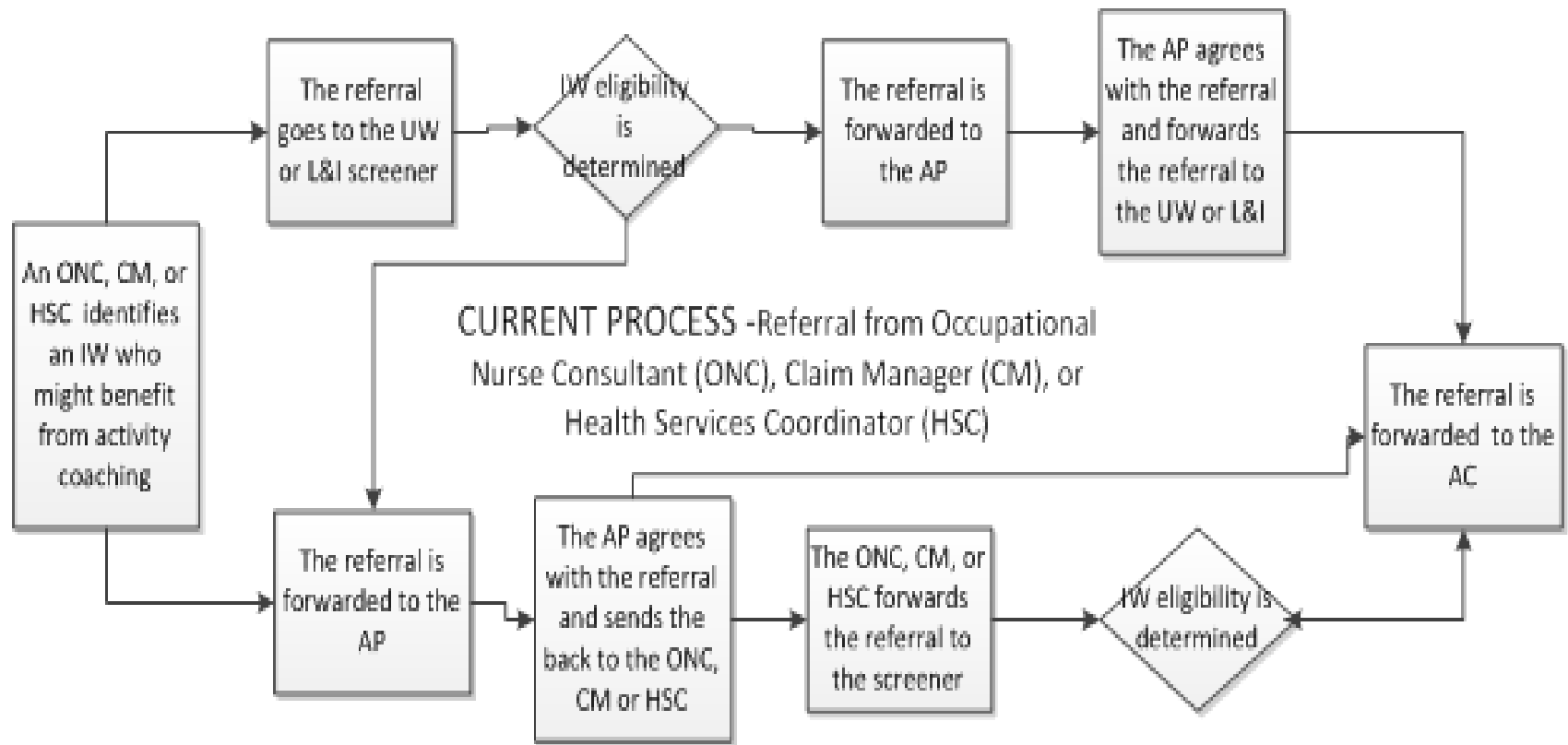


PGAP Assessment Tools

- Short-form McGill Pain Questionnaire (MPQ)
- Patient Health Questionnaire (PHQ-8)
- Disability Index (GPDI)
- FFQ – Chr
 - Fear – symptom exacerbation, re-injury
 - Fatigue
- CIEQ – Chr
 - Catastrophic thinking – negative thought reactions
 - Perceived injustice - unfairness



Challenge – Cumbersome referral process





Referrals to PGAP

- 135 referred to coaches
- 90 started coaching
- Approximately 50 completed
 - 70% at work or ready for work



Average Number of Visits

- 8 visits for those who completed coaching
- 4 visits for those who stopped coaching without completing



Challenge – Non-English speakers

Language	Number of referrals
Spanish	24
Arabic	2
Albanian	1
Punjabi	1
Swahili	1
Vietnamese	1



Changes in assessment scores

- Between first, middle and last sessions
- Statistically significant decreases in all scales
- Scores improved for 50% – 80% of workers



Role of UW

- Analysis of workers in program
- Assessment scores
 - Statistically significant changes
- Matching group
 - Cost comparison
 - Due in August
- Small numbers



Next Steps

- Interviews with coaches and providers
- Internal workgroup
 - Should PGAP require preauthorization from the claim manager?
 - Referral process
 - Screening criteria
 - Who is best to provide PGAP?
- Recommendations to Steering Committee
- Decision this fall on pilot future



Feedback from ACHIEV

- How available should we make PGAP?
 - Restricted group of coaches?
- When in the claim should it be available?
- What kind of worker should be sent to PGAP?